A raw pasteurized egg is a highly nutritious food.. **Pasteurization involves gently heating and rapidly cooling eggs to eliminate harmful bacteria like *Salmonella*, making them safer for consumption, especially when eaten raw or lightly cooked in recipes.One large (approximately 50-gram) raw pasteurized egg contains the following essential nutrients and contributes to the daily recommended allowances:**

- **Energy (Calories)**: A single large egg provides **72 calories**. For reference, 70 calories from an egg provide 12% of the daily protein requirement.
- **Protein**: One large egg contains **6.3 grams of protein**, which is considered the highest quality protein and is used very efficiently by the body due to its essential amino acid profile. A single large egg provides **12% of the daily protein requirement**.
- **Total Fat**: Contains **4.8 grams**, composed mainly of unsaturated fatty acids.Monounsaturated Fat: 1.8 grams.Polyunsaturated Fat: 1 gram.Saturated Fat: 1.6 grams.Trans Fat: 0.02 grams.
- **Carbohydrate**: 0.36 grams.
- **Cholesterol**: **186 milligrams**. This amount represents a 14% reduction compared to previous measurements from 2005. Dietary cholesterol, such as that found in eggs, is now understood to have a negligible effect on blood lipid levels in most healthy individuals.
- **Choline**: **126 milligrams**. Choline is an essential nutrient vital for proper brain development in fetuses and newborns and may contribute to memory function throughout life. A 100-gram serving (equivalent to about two large eggs) provides 60% of the Daily Value (DV) for choline, meaning one large egg provides approximately **30% of the Daily Value**.
- **Riboflavin (Vitamin B2)**: **0.2 milligrams**. A 100-gram serving provides 42% of the DV, so one large egg provides approximately **21% of the Daily Value**.
- **Vitamin B12**: **0.45 micrograms**. A 100-gram serving provides 46% of the DV, so one large egg provides approximately **23% of the Daily Value**.
- **Folate (Vitamin B9)**: **24 micrograms**.
- **Vitamin D**: **41 IU**. A 100-gram serving provides 15% of the DV, so one large egg provides approximately **7.5% of the Daily Value**.
- **Vitamin A**: **270 IU**. A 100-gram serving provides 17% of the DV, so one large egg provides approximately **8.5% of the Daily Value**.
- **Vitamin B6**: **0.09 milligrams**.
- **Thiamin (Vitamin B1)**: **0.02 milligrams**.
- **Vitamin E**: **0.5 milligrams**. A 100-gram serving provides 7% of the DV, so one large egg provides approximately **3.5% of the Daily Value**.
- **Vitamin K**: A 100-gram serving contains 0.3 micrograms and provides 0% of the Daily Value. Thus, one large egg provides approximately **0.15 micrograms**.
- **Selenium**: **15.4 micrograms**.
- **Phosphorus**: **99 milligrams**. A 100-gram serving provides 25% of the DV, so one large egg provides approximately **12.5% of the Daily Value**.
- **Iron**: **0.88 milligrams**. A 100-gram serving provides 7% of the DV, so one large egg provides approximately **3.5% of the Daily Value**.
- **Zinc**: **0.65 milligrams**. A 100-gram serving provides 11% of the DV, so one large egg provides approximately **5.5% of the Daily Value**.
- **Calcium**: **28 milligrams**. A 100-gram serving provides 4% of the DV, so one large egg provides approximately **2% of the Daily Value**.
- **Sodium**: **71 milligrams**. A 100-gram serving provides 5% of the DV, so one large egg provides approximately **2.5% of the Daily Value**.
- **Potassium**: **69 milligrams**. A 100-gram serving provides 4% of the DV, so one large egg provides approximately **2% of the Daily Value**.
- **Magnesium**: **6 milligrams**. A 100-gram serving provides 2% of the DV, so one large egg provides approximately **1% of the Daily Value**.
- **Iodine**: A 50-gram large raw, frozen, pasteurized whole egg contains **38 micrograms** of iodine.

Additionally, egg yolk provides all of the fat-soluble vitamins (A, D, E, and K), and all of the choline, lutein, and zeaxanthin. Lutein and zeaxanthin may help prevent macular degeneration, a leading cause of blindness in the elderly.